Промінь

Promin

Цікаві книжки
Interesting Reads

Їмо селеру
Cooking with Celery

Бабині ковдри
Baba's Quilts

Союз Українок Канади

February/March 2021 Issue

ПРОМІНЬ
Виходить що другого місяця,
видає
СОЮЗ УКРАЇНОК КАНАДИ
Рік LXI
лютий, 2021 р. - березень, 2021 р.

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Canada

РЕДАКЦІЙНА

EDITORIAL

ПРОМІНЬ 60 Років

Дорогі Читачі!

Вітаю Вас з Новим Роком! Як ся маєте? У цьому числі «Променя» маєте статтю про вирощування селери. У ній знайдете здорові рецепти й пропозиції щодо кращого харчування.

Звичайно, кожний чи кожна в цій порі старається поліпшити себе фізично, духовно, ментально. Кажуть, що здорово писати про свої турботи та пристрасті, тримати журнал. Заохочую Вас щось написати, намалювати, нарисувати, сфотографувати для «Променя». Дайте собі спосіб висловитися, виражатися, передавати свої думки іншим.

Чи Ви будь коли читаєте твори написані українською мовою? Прочитайте в цьому числі спомини Докії Гуменної про її відвідини Алберти ще 1956-го року. Надзвичайно цікаво! Вона пише так, що легко зрозуміти—я мусіла тільки кілька разів глянути в словник.

Жаль, що упокоїлися вже багато наших ревних членок! Але в наступному числі прочитаємо про гарне число тих, що вже святкували або цього року відсвяткуватимуть сотні уродини! На многі їм літа!

Та варта пригадати, що наші церкви та музеї також слабують через пандемію...чи Ви якусь додаткову жертву склали їм у Новому Році? Їм потрібно фінансової підтримки! Чи дарували СУС Фундації? Фундації Канади-України? Проєкту Л'юбов? Фундації Шевченка? Фундації УПЦК? Є всякі добрі цілі!

Хай такі натхненники як панство Ґорецькі в цьому числі «Променя» запалюють всіх нас до праці на ниві канадсько-української громади!

З пошаною до Вас,
Леона Фарина Бриджес

Dear Readers,

Happy New Year! Are you well? In this issue of "Promin", Vivian Skakun provides an article about growing celery and some very healthy recipes as well as advice on a better diet, especially for those who are food sensitive.

At the time of my writing this editorial, most of us tend to make New Year's resolutions. We want to improve ourselves physically, spiritually, mentally. It is said that writing about one's worries and/or passions is healthy. Keeping a journal is recommended. I

Leona Bridges
Editor

encourage you to use "Promin" as an outlet for your ideas and emotions. Write to us. Send us your drawings, paintings, illustrations, photos. Share your ideas with our readers!

Have you read anything in Ukrainian lately? I encourage you to read Dokia Humenna's travelogue of 1956. This unusual woman came to Alberta from New York to visit the oil fields. Her curiosity about Alberta's economy is infectious. She gives a fascinating historical account of the *Eternal Flames of Alberta*. Her style is simple and straightforward. I looked up only a few words in my Ukrainian-English dictionary as I read.

What a shame that so many of our dedicated members of the UWAC have recently passed away! However, in our next issue we will read about an unusual number of women who have just celebrated or will be celebrating their 100th birthdays. Many happy returns of the day!

I should remind everyone that our churches and museums have suffered, too, during the pandemic. Have you thought to make an extra financial donation to them? To the SUS Foundation of Canada? To the Canada-Ukraine Foundation? To Project Liubov? To the Shevchenko Foundation? To the UOCC Foundation? There are so many good causes to support.

May we continue to be inspired by people like Anne and Isidore Goresky (see page 36), as we do our part to contribute to the Ukrainian Canadian community.

Respectfully,
Leona Faryna Bridges

DEADLINES

Please note that the deadline for submissions for our **April - May** issue is

February 20, 2021

Upcoming submission deadlines are:
Apr - May issue - Feb 20, 2021
Jun - Jul issue - April 20, 2021
Aug - Sep issue - Jun 20, 2021

For more information contact:
bridgesl@telus.net or
780-619-4416 (mobile)

Front Cover:
Leona's Recycled Doilie Quilted Wall-hanging made and photographed by Leona Bridges

Back Cover:
Assorted Quilts

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Amount remitted: $_______ for one year, or $_______for two years.

Any additional remittance will be considered a donation to the Press Fund; thank you!

If gift, indicate from whom ____________________

Donation to PROMIN Press Fund $________ In Memoriam Donation $__________

In memory of ____________________

Submit cheque or money order to:

PROMIN - UWAC 3019 - 43 B Ave NW, Edmonton, AB, T6T 1C1

Donations

- Korol, Dorothy, Canora, SK $ 50.00
- Kuzyk, Jennie, Belle River, ON $ 20.00
- Labach, Vera, Saskatoon, SK $ 50.00
- Nykolaishyn, Eleanor, Roblin MB $ 10.00
- St. Andrew's Ukrainian Orthodox Ladies Auxiliary, Edmonton, AB $ 200.00
- UWAC, Dominika Ohienko Branch, Boyle, AB $ 100.00
- UWAC, Hanka Romanchych Branch, Saskatoon, SK $ 300.00
  For Promin articles covering branch membership tea and new altar coverings
- UWAC, Olha Kobylianska Branch, Saskatoon, SK $ 500.00
- UWAC, Lesia Ukrainka Branch, Windsor, ON $ 300.00

Donations in Memory of...

- Andrulis, Halyna, Waterloo, ON $ 20.00
  In memory of mother Orysia Gudzowsky
- Hohol, Alexandra, Edmonton, AB $ 50.00
  In memory of Elsie Rybak, Jenny Serna, Jean Hohol
- Holowach, Violet, St. Albert, AB $ 50.00
  In memory of Stephanie Madson, dear friend and member of UWAC St. Anna's Branch, Edmonton
- Kolotyluk, Pat, St. Albert, AB $ 40.00
  In memory of Anne and Dan Proniuk
- Makarenko, Dobr. Larysa, Hamilton, SK $ 150.00
  In memory of Maria and Alex Makarenko and Dobr. Olya Demczuk
- Mykytiuk, Claudia, Toronto, ON $ 65.00
  In memory of Anna Koropecki
- Opyr, Nadia, Edmonton, AB $ 100.00
  In memory of parents Olga and Eli Moisiuk
- Shabotynsky, Michael, Burnt River, ON $ 100.00
  In memory of mother Mary Shabotynsky, long time Promin reader
- UWAC, Hanka Romanchych Branch, Saskatoon, SK $ 75.00
  In memory of Katherine Parchewsky (article submitted) $ 50.00
  and in memory of Janice Sopatyk $ 25.00
- UWAC, Daughters of Ukraine Branch, Regina, SK $ 75.00
  In memory of Gladys Kalynuk
- UWAC, Daughters of Ukraine Branch, Regina, SK $ 75.00
  In memory of Sophie Kozakewich
- UWAC, Daughters of Ukraine Branch, Regina, SK $ 75.00
  In memory of Anne Melnychuk
- UWAC, Daughters of Ukraine Branch, Regina, SK $ 75.00
  In memory of Anne Welykholowa
- White, Mari, Toronto, ON $ 100.00
  In memory of Babtsia Anna Hlynka, parents Russell and Ann Stachiw and dear friend Irene Gudzowsky

May their Memories be eternal. Вічная пам'ять!

DONATIONS

UWAC National President

Darcia Moskaluk-Rutkay
President

MESSAGE FROM NATIONAL PRESIDENT, DARCIA MOSKALUK-RUTKAY

Темна ніч. У місяцях лютому та березні вона набагато зловіснішою, бо північний вітер віє і покриває морозом наші пороги. Справді, чим темніше, тим краще видно небесних зіроньок. Щодня бачимо, що світліше й ми знаємо, що ця пора року скоро пройде, стане тепліше. Снігу щоразу менше. Весна настане.

The dark of night seems so much more ominous in February and March when the north wind blows her frosty breath upon our doorsteps. Truth be told, the darker the night, the higher the possibility of observing the faintest of lights in the heavens. As the sun rises daily, we know that this time of year will soon pass and the winds will eventually diminish and become warmer. The snow will melt; spring will arrive.

У зимі, ми відповідно одягаємось. Ми всі чули слова своїх мамів, " Не забудь шальок!" Ми також навчаємо своїх дітей. Поводимося здорово й розумно. Зручно належно одягатися. Треба захиститися щоб не захворіти. Щоб охоронити себе від вірусів.

In winter, we dress appropriately. We have all heard our mothers say, "Don't forget your scarf!" We teach our children to dress for the weather. It is common sense to do so. We must protect ourselves to stay healthy. To prevent spreading viruses.

Напевно ви всі чули, що "нема нічого злого щоб на добро не вийшло". Ми знаходимося в страшній другій фазі пандемії. Уряд вимагає, щоб ми віддалювалися одна від одної, щоб ми часто вмивали руки, щоб носили маски, стараючись припинити хворобу. Є люди, які не хочуть дотримуватись цих правел. Вони думають, що мають право зневажати їх. Помиляються. Права людини не грають тут ролі. Тут говоримо про виживання людства. Божий закон—це любити ближнього.

Surely, you have heard that "every cloud has a silver lining". We are in the dreaded second phase

of a pandemic. The government requires that we socially distance, that we sanitize our hands, that we wear masks to protect one another catching Covid-19. There are those who refuse to follow these rules. They claim that their rights are being usurped. They are wrong! This pandemic is not about individual human rights. It is about collective human survival. Love thy neighbour so that thou, too, may survive.

Наш світ змінився. Я вірю, що це на добро людства. Ділові справи ведуться інакше. Змінилися методи купування, продавання, і.т.п. Відтепер будемо більш обережними щодо соціальних взаємин. Як православні християни, нам потрібно швидко адаптуватися та розвиватися. Ми повинні підготуватися духовно та фізично. Великий піст цього року починається 15 березня, 2021 року.

Our world will never be the same. I believe that it is for the good of mankind. Business will never be conducted as before—even buying and selling are done differently. Our social interactions have become more cautious. Orthodox Christians need to quickly adapt to these new patterns and evolve. We should prepare ourselves spiritually and physically. Great Lent this year begins March 15, 2021.

Наприкінці січня 2021 року, відділи отримають анкету на 2021 р. Важливо подати Краєвій Управі імена усіх своїх членкинь, їхні адреси та телефони. Уряд Канади вимагає від нас ці інформації. Управа Союзу суворо оберігає ці інформації. Ми просимо усіх наших відділів виповнити вчасно анкету. Цього року ми розуміємо, що діяльність набагато зменшилось. Проте, поділіться тим, що робилося. Не забудьте також надіслати копію анкети своїй провінційній управі.

At the end of January 2021, your branches will be receiving the "anketa"/questionnaire for 2021. It is paramount that all branches report the names and contact information of their members. This information is required by Corporations Canada. It is kept in the strictest of confidence within our files. We ask all of our branches to comply in a timely manner. This year, we know, has been different and branches have been much less active, however, please share whatever you were able to accomplish. Don't forget to send a copy to your Provincial Executive, as well.

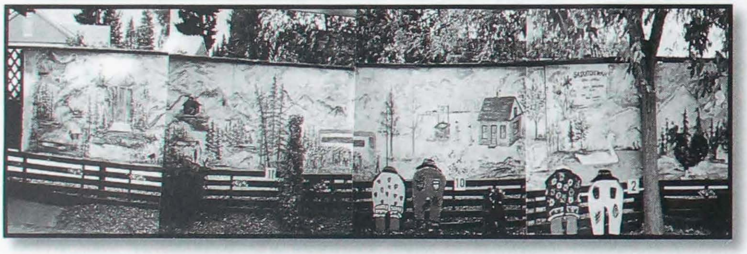
Щодо нашого дворічного з'їзду, ми проведемо віртуальну конференцію і семінарії. Переходимо в нову еру комунікації. Побачимо як нам вийде! УПЦК також має на увазі справити віртуальний Собор. Коли будуть деталі, повідомимо вас.

As to our biennial convention, we will hold a virtual workshop conference. There is much work to be done in uncharted waters, as this has never been attempted previously. It is a new era in communication and we will see how things go. The UOCC is also considering a virtual Sobor. When details are available, we will let everyone know.

Хоч почали подавати вакцини людям, також кажуть, що виринають нові типи коронавірусу. Ще не закінчилася пандемія. Будьмо уважні та терпеливі!

Even though vaccines are now being administered, we are not yet "out of the woods". New forms of the coronavirus seem to have appeared. This pandemic is not yet over. Let us be vigilant and patient!

Your Humble Sister in Christ,
Darcia Moskaluk-Rutkay
Одарка Москалюк-Руткай



Hello Leona,
I was very pleased to see a fine write-up in the magazine of my presentation on Reading the River at UWAC's St. John's Cathedral branch last February (when everything was still normal). I am also grateful that you included information on how to buy a copy of the book- but, alas, it is now out of print and I have purchased the last of the copies from its out-of-business publisher. But the library is always a good bet.
I also enjoyed reading more about Ann Harbuz, an artist I was unfamiliar with until I lived a year in Regina (as writer-in-residence at the public library downtown) and was asked to write about her for an exhibit in the library's Dunlop Gallery. And now I own one of her pieces, from 1975- in one corner three women are baking bread in a "pich", in the other, two homesteaders are walking to a wonderfully-rendered impressively-domed Orthodox church. Your reference to the Nova Scotia artist, Maud Lewis, is very apt- have you seen the film yet? Its celebration of an "indomitable spirit" could well be made of Harbuz's work and life. Likewise, the reference to the work of Alan Sapp- beautifully displayed permanently at the gallery in North Battleford, SK. I think also of the work of Dmytro Stryjek, another Naive artist, whose paintings hang in many non-Ukrainian homes, at least in Saskatoon. Finally, thanks to Sister Betty for the nudge to renew subscriptions: mine is on the way.
Hoping this finds you well,

Myrna (Kostash),
Edmonton, AB

Good Morning, Leona,
I talked with my Mom on the weekend

and she also had a story to tell about Ann Harbuz and the mural she painted in Radium Hotsprings, BC. Mom and Dad went to see this mural before it was torn down.
Here is the story as told by Ann Harbuz in 1988, in our Family History Book. "I painted a mural of Ukraine, three poems of Taras Shevchenko for the Senior Citizen Ukrainian Hall in North Battleford, Saskatchewan and another mural at the Sunset Hotel in Radium Hot Springs, BC. The scene, 1/2 block long and 4 ft wide, took 17 hours to paint. I wrote a book about my art and the history of my painting and my life story, published by Magnus Eanirsson, Ottawa, ON and it will come out in 1988. Thirty of my paintings hang in the new Museum in Ottawa.

Photos opposite from top to bottom: Photos of mural in Radium courtesy of Natalie Hawryliw (great niece) taken while on holiday in September, 1988; Detail from the North Battleford mural, Seniors' Hall; this is Ann's painting of ten weddings in Hafford, Saskatchewan. These weddings were of family members, which took place at the home of Ann (Harbuz) Klopoushak, a sister-in-law. The second last wedding is that of Natalie and Taras Hawryliw.

We hope this story will bring fond memories to your readers.

Natalie Hawryliw and
Phyllis Horne,
All Saints UOCC,
Camrose AB

CIX! Hello Betty!
Just a short note to let you know that we did receive Mom's Promin last week. Thank you again so much. She knew exactly when it was to arrive and, yes, the post office did forward it to me right on time! The last couple of issues of Promin provided my Mom with much needed "social engagement " with her community during these several months of COVID isolation. Promin, along with her St Elia 50th anniversary book and the readings and articles, continue to keep her mentally active and engaged.
My Mom, turning 88 in a week or so, not being tech savvy at all, has embraced the email envelope on her iPad, where she now finds our links to Liturgies on Sunday morning and Facetime, where she can connect with family and friends.
Z Bohom

Barb (Hlus),
Edmonton, AB

Dear Betty,
CIX! Just when I think I've read the best ever Promin, along comes the next issue that is just as informative and interesting. Enclosed is a two-year subscription and a donation to the Press Fund. Take care,

Olga Boykiw,
Calgary, AB

Dear Betty,
Please find enclosed a cheque to cover our family's memorial donation as well as a donation to the Promin Press Fund. "Otets" and I would like to thank you and the staff of Promin for this wonderful publication. We always look forward to reading it from front to back. Wishing you all a blessed and peaceful Christmas during these turbulent times. Stay healthy and safe,
Z Bohom,

Dobr. Larysa Makarenko,
Hamilton, ON

Madam Editor, Leona Faryna Bridges,
I enjoy reading every issue of Promin. The articles are varied and interesting. I am enclosing a donation in memory of my mother, Anna Koropecki. Sincerely,

Claudia Mykytiuk,
Sophia Rusova Branch,
St. Demetrius Parish,
Etobicoke, ON

Do you have something to say?
We look forward to
hearing from you!

bridgesl@telus.net

or

New address:
11A, 10050 - 118 Street NW,
Edmonton, AB, T5K 2M8

СЛУХАЄМО СВОЇХ ЧИТАЧІВ!

Слава Ісусу Христу!
Слава На Віки!
Glory to Jesus Christ!
Glory Be Forever!

Dear Betty, Leona & Dobrodiyka Erin,

Today and through most of 2020 we have lived with restrictions and limitations due to COVID-19. Some have suffered loss, illness, loneliness and hardship. Whatever the challenges, we continue to face these with courage, hope and prayer for peace, health and safety.

Time marches on despite this reality. The year 2020 was a year full of milestones that ordinarily we would be celebrating and acknowledging in various ways. The Ukrainian Women's Association of Canada – Alberta Provincial marked its 90th Anniversary, The Ukrainian Museum of Canada – Alberta Branch marked its 75th Anniversary and PROMIN marked its 60th Anniversary.

On the 60th Anniversary of PROMIN, St. Andrew's Ukrainian Orthodox Ladies Auxiliary congratulates the Editorial Committee of Betty Corlett, Promin Administrator; Leona Bridges, Editor and Dobrodiyka Erin Haugen, Layout Editor for their dedication and hard work. Thank you for your time, energy and commitment to publishing PROMIN.

The commemorative 60th Anniversary Promin Logo on the cover of the February/March 2020 issue and the Editorial page of each issue is beautiful. The wheat connects us to our heritage, our ancestors and our families in Ukraine and Canada; the smoloskyp (torch) is the Soyuz logo designed by Myron Levytsky "representing our hopes and dreams as we pass the torch of our love of our faith and our culture to the next generation;" the sun rays over the "O" in Promin harkens back to the comments of the first editor of Promin, Natalka Kohuska:

"The past, present and future must harmoniously co-exist and be present in Promin. For as the title suggests Promin—the sun's ray has lighted the past, warms and beautifies the present and guides us to the new day of the future."

(Г. Безначук-Смирнів, "Замітки," in Промінь 1960-1985 Ювілей.)

Betty, Leona and Dobr. Erin, you are continuing the work of Natalka Kohuska. As St. Andrew's Ladies acknowledges the 60th Anniversary of Promin, we wish you good health, continued success and the best to come in the years ahead.

To all the subscribers and readers of Promin, each branch, each Soyuz member, each reader can impact the future of both Promin and Soyuz. Let us appreciate our assets, apply the principle of capacity building and work together. We need each other, for together we are stronger, as we share our faith, continue to learn, enjoy our cultural heritage and fulfill our family obligations. This is our magazine. It is our mode of communication. Let us be contributors in whatever way possible. Best wishes to all!

Your sister in Christ,
Vivian Skakun,
1st Vice-President, co-chair
St. Andrew's Ukrainian Orthodox Ladies' Auxiliary

Left to right:1985 Promin's 25th at St. Andrew's UOCC EDMONTON; L to R June Gushaty, Natalia Kohuska, Pauline Lysak.

Wanted:
Promin Administrator & Promin Editor

Heading for the Future

Above are our current Promin Administrator (left), Betty Corlett, and our current Promin Editor, Leona Bridges. Having seen Promin through its 60th Anniversary, it is time for a change. The Ukrainian Women's Association of Canada is looking for replacements for our Administrator, a voluntary position on the National Executive of the Association and for our Editor, a position that involves an honourarium.

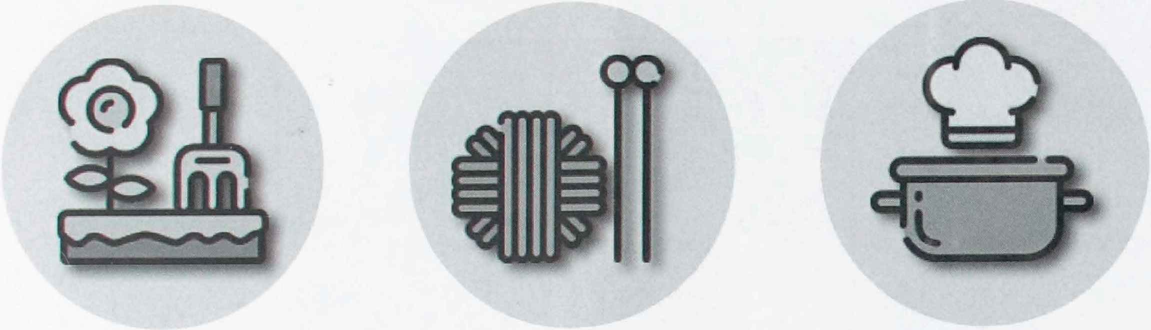
Betty keeps our database of subscribers updated, takes care of subscription renewals and donations, which are forwarded to the National Executive Treasurer. She keeps a record of donations, preparing each issue's donations page. Betty also forwards correspondence relating to the content of Promin to the Editor.

Leona is responsible for the magazine's content. She edits material received from the branches and from individuals (including our President and our Promin convenors) in both English and Ukrainian and writes articles. Typing skills in both English and Ukrainian are absolutely necessary. Content is received in many forms, so it is essential to be well organized. Leona has done a lot of research during her tenure to fill Promin's pages.

We would be happy to mentor our successors. Volunteers for these positions are welcome!

If you are interested in continuing this work or you know of someone who might be ideally fitted for it, please contact:

Betty Corlett (bettycor@telus.net)
3019 – 43 B Avenue NW, Edmonton, AB T6T 1C1
or by texting 780-932-9727.



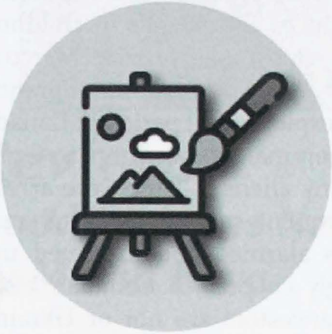
SELF-ISOLATING

What to Do While Self-isolating

Editor's Note: Recently, Lesia Skyba kindly submitted a number of great ideas for content in Promin, especially given that branch news is limited. Thank you, Lesia!

By now, you must be looking for something to do to while away the Covid-19 hours. Please entertain yourselves and us by submitting one or more of the following:

1. You send Promin a photo (with blurb) of a well-known Ukrainian or Ukrainian Canadian. We publish the photo along with the question "Who is this person?" Readers submit their responses. Your blurb is shared in the following issue.



2. Finish the sentence and send it in... "Growing up in a parish where there was a UWAC branch, I remember when..."

3. Write and share an anecdote about your grandmother.

4. Interview a grandparent or parent. Share it with Promin readers.

5. Teach seniors and others a computer skill... share your tutorial with Promin readers.

6. What do you know about how the USRL of Canada and the UWAC are related? Write about that and send it in.

7. Are you passionate about Ukrainian embroidery? Ukrainian dance? Weaving? Ceramics? Wood burning? Painting? Archival scrapbooking? Cooking? Provide a bimonthly column to Promin.

8. Got ideas about what to prepare during Lent? Send us your favourite Lenten recipes to publish.

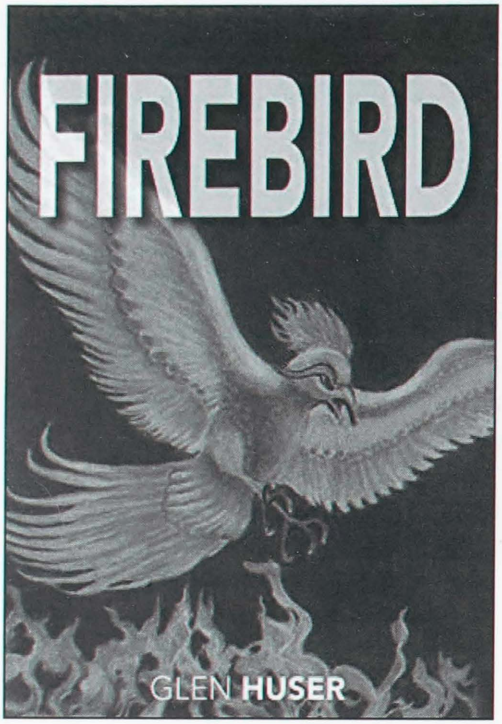
9. Bored at home during isolation? Take photos of your Ukrainian memorabilia and send them to Promin with a short story about how you acquired the item and what it means to you.

10. «Учітеся, брати мої, думайте, читайте» а тоді напишіть нам про що Ви вчилися. Нам цікаво! (книжки, фільми, концерти, п'єси)

11. Submit topics you might find interesting, like Lesia did!

Thanks in advance for participating!

Leona Bridges with Lesia Skyba



BOOK REVIEWS

Review: Firebird by Glen Huser

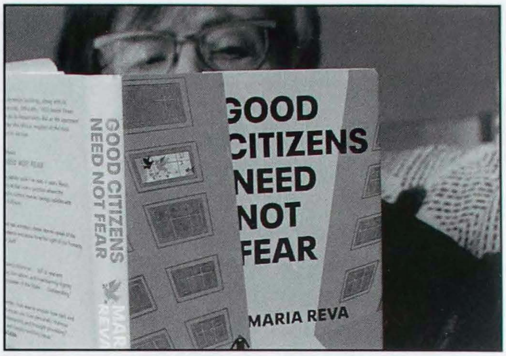
"Firebird" is a term that refers to any colourful bird with yellow, scarlet or orange plumage. In mythology, the firebird or "phoenix" lived a long life (about 500 years). Before dying, it built a nest which it set on fire. From the ashes of this fire rose a new bird. In Egyptian, Persian and Slavic folklore, the phoenix is related to the sun and symbolizes rebirth.

Glen Huser is a prize-winning author of young adult and children's fiction. Born on a farm in central Alberta, he was raised near Ashmont, AB, moving to Edmonton as he entered Grade 12. He had a few Ukrainian Canadian acquaintances and friends in childhood. Firebird, published in May, 2020, features Marco and Alex Kaminsky, first wave Ukrainian immigrants to Canada. The novel explores that period in Canadian history (1915-16) when many newcomers to Canada were deemed "enemy aliens". They were arrested and put into internment camps set up all across Canada. Glen was alarmed and intrigued upon discovering this ugly chapter in Canada's history and, although his ancestors are not of Ukrainian background, he thoroughly researched the event in order to write this story. His hope is that revelation of past blunders will inform our future.

The story begins when a farmhouse catches fire and young Alex, 14, is the sole survivor. Meanwhile, his brother, Marco, an itinerant farm worker (and a talented artist), has disappeared. Alex follows Marco's trail from Vegreville to Edmonton to Calgary and then to Banff, where he finds his brother close to death in the Castle Mountain Internment Camp. Alex discovers much: the hatred harboured by some for immigrants and the compassion of others, who strive to help him and his brother. For readers who believe such internment camps began only with Japanese Canadians in WWII, *Firebird* will be an eye-opening experience.

Glen Huser's hope is that *Firebird* will allow the young people of today to walk for a while in the shoes of these Canadian immigrant boys—Alex and Marco—back in the midst of a war that tore families apart, not only on the battlefields of Europe, but in the quieter corners of Canada. Xenophobia still exists today in many parts of the world, even in Canada. Perhaps Glen's narratives of the past will help us compose better stories for our own time.

Researched and prepared by Leona Bridges



Review:
Good Citizens Need Not Fear by Maria Reva

An engaging book can evoke memories or feelings, elicit a chuckle, entertain and / or inspire reflection. *Good Citizens Need Not Fear* by Maria Reva, an author who was born in Ukraine and grew up in Vancouver, B.C., is an engaging book.

Good Citizens Need Not Fear is in short story format organized in two parts: Before the Fall and After the Fall of the Soviet regime in Ukraine in the 1980's. Each short story describes eccentric characters who occupy or have ties to an apartment complex (which according to the bureaucracy does not exist). They confront day to day and life challenges precipitated by the police state conditions and their unique personalities and situations. Eventually the paths of several of these distinctive characters converge in extraordinary ways.

Because novels are often representative of a country, before I travel internationally, I try to read books written by an author of my chosen country or one set in that country. I did not read Good Citizens Need Not Fear before my daughter and I travelled independently to Ukraine in 2012, but reading it now evoked relatable memories and impressions. It is rife with cultural and social issues such as inadequate housing; coping with limited resources; flawed beliefs, convictions and superstitions and bureaucratic incompetence. For example, the character Daniil who has, at long last, been granted a two- room apartment for himself, soon finds his head "whirling" when 14 relatives of all ages "arms and legs and fingers laced together" move in – accompanied by Baba Ola's chickens (because there is room on the balcony)! As if that was not enough, the crowded apartment becomes the pathway for transferring a coffin (plus corpse) from a higher floor because of hallway space constraints. During this move the sole source of heat - a precious portable heater is destroyed.

I was reminded of the housing limitations on our travels in Ukraine when we visited a relative in a small city who lived in a two- room plus bathroom cramped apartment. We went up in shifts to their apartment floor in a groaning elevator which could only accommodate one rider with a suitcase at a time. The apartment lacked closets, so clothing was draped over most of the furniture. To use the bathroom facilities, one had to negotiate bathroom facilities, plus washer and dryer, plus hanging laundry, plus awkward cupboard. This particular situation and other similar living circumstances which we experienced on our travels contributed to the insight of what Ukrainian citizens face even today.

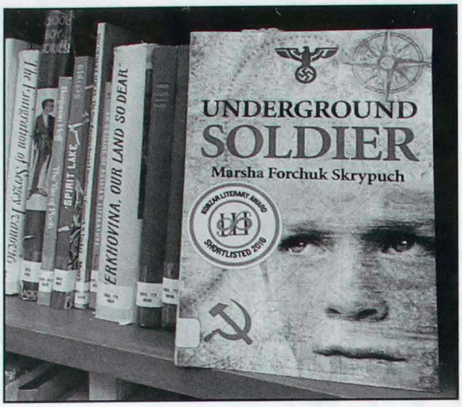
The book cover describes this as "the funniest, most politically astute book I've read in years... bang-on brilliant." I did chuckle at some of the descriptions and incidents but, after reflection, saw the book as a literary political cartoon and the apartment block as a microcosm of the country. Incidents and characters border on the absurd, but they are based on truth. Generational, friendship and employment/job relationships are explored. Funny incidents, if taken all together, amount to pathos. The aunt cooking in the unheated apartment with an apron over her fur coat, the mummified toothless saint in front of which knelt women with babushkas; the black market stalls; the "round faced woman ... who smooths her dirty wrinkled blouse over her stomach, as if the blouse is the problem"...these are the brilliant images interwoven into the anecdotes that will make you chuckle at first and later acknowledge a depressing reality.

Reading the novel, I was once again reminded of how lucky I am to have had great great Babas and Didos who emigrated from Ukraine and survived brutal conditions in the new country so that I did not have to deal with the brutal political conditions of the Soviet occupation. The emancipation of Ukraine as portrayed through the characters so vividly in this unique novel changed some of their conditions, but did not necessarily improve them.

The book brought back memories of our independent trek through Ukraine by juxtaposing the funny with the sad, the entertaining with the thought-provoking. The perspective it places on past and current Ukraine is worth the read.

Additional information and book reviews can be found on the book jacket and on-line. Publisher Alfred A. Knopf Canada, Copyright 2020 ISBN 978-0-7352-7842-4

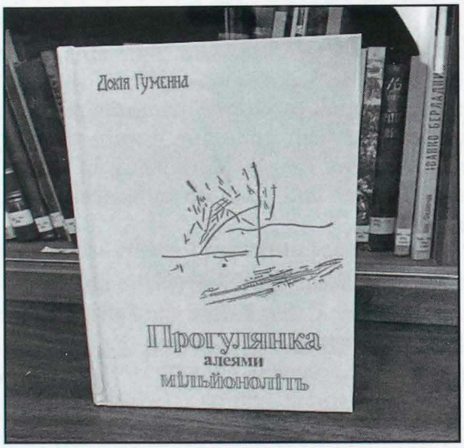
Reviewed by Julia Elaschuk with Olli Megley



Катедральна Бібліотека – UWAC St. John's Library

Бібліотека під Катедрою св. Івана в Едмонтоні існує від 1934-го року, заснувана членкинями відділу Союзу Українок Канади при Катедрі. Від 2015-го року, Орися Єринюк, разом з своїм мужем, Омиляном, приводять її до ладу та до нової техноголії. Вони в нас славні волунтери! Орися створила в комп'ютері каталоґ, який вмістить у собі понад 7,000 книжок!

Underground Soldier by Marsha Forchuk Skrypuch is a young adult novel from our English language section. This fascinating and well written story informs the reader about the Ukrainian Insurgent Army or the UPA—Українська Повстаньська Армія which operated during WWII, a well-organized network of guerrilla fighters. It struggled against both Nazi and Soviet invaders of Ukraine. Through the eyes of Luka, a twelve-year-old slave labour victim of the Nazis, the reader learns about the courage and resilience of Ukrainians and other Eastern Europeans in their quest for freedom. Luka's experiences are harrowing and his story unfolds suspensefully throughout the book. Even grandmothers like me will enjoy this revealing page turner!



Прогулянка алеями мільйоноліть написана Докією Гуменною також цікава книжка з нашої частини української літератури. Це—колекція мікроновель яка вийшла в друк 1987 р. Докія Гуменна народилася в Україні але жила в Америці. Коли відкриваєш цю книжку, вступаєш у світ антропології, етнографії та лінґвістичних теорій. У першому оповіданню, «Магія і електроніка», приятелі Богдан і Теодор знаходяться при океані на пляжі Коні Айленд, де вони ловлять рибу й розмовляють. Куди йде людство? Обговорюють відродження та занепад різних цивилізацій. У останньому оповіданню йде мова про мітологію—звідки в людей з'явилася ідея про існування богів? Авторка заставляє читача сильно думати. У наші біблотеці існує аж дев'ять книжок написаними Докією Гуменною! Позичайте!

Подала Леона Фарина Бриджес

Рідне слово

Замітка редакторки: *Я вибачаю, що йде мова тут про Алберту, мою провінцію. Дуже рада видавати матеріали про інші провінції Канади—прошу звернути мою увагу на них якнайскоріше. Випадково зявилася на полиці в мене ця книжка. Оцінюю її не тільки тому, що вона написана Докією Гуменною, українкою-іміґранткою американкою, але також тому, що вона походить з книгозбірні Богдана та Наталки Мельничуків, властителі колишньої Української Книгарні Едмонтону та добрі друзі моїх батьків, Левка та Наталки Фаринів. Наталка Мельничук була моєю хресною мамою. А ще й до того, обкладинку намалював великий канадсько-український художник, Вадим Доброліж, улюблений муж моєї учительки музики, Валентини Доброліж. Книжка видана заходом Петра Пауша, мій учитель недільної школи та дяк нашої церкви. Усі ці добрі люди відділи у вічність. Царство їм Боже!*

Вічні вогні Алберти

Докія Гуменна, 1956 р.

Вінніпеґ, Видавництво «Тризуб»

Подяка

Союзові Українок Канади, всім його відділам і членам, та всім албертійцям, які під час мого перебування в Алберті у серпні 1956-го року всебічно сприяли мені спізнати побут, минувшину та господарство Алберти—складаю сердечну подяку. Всім дякую за щиру гостинність та невтомну опіку, а зокрема Стефанії й Петрові Паушам, що гостили мене у своїм домі, як члена родини.

Це спричинилося до того, що я змогла собі виробити образ Алберти протягом місяця так, як подаю на наступних сторінках цієї книжки.

Вічні вогні

1.

Снилося мені раз сон. Я—на краю світу. Передомною вже нічого нема, крім безбережного білого простору. Позад мене вирує життя—все пережите болюче й сонячне, бачене, уявлене й неуявлене. Попереду—біла пустеля.

Сон ось здійснився. Я—на краю світу. Але цей край світу зелений, наскрізь зелений. Зелень розливається всіма відтінками, навколо—первісний дикий ліс, де заходить тільки нога землеміра, взута в гумові чоботи. Мої ноги, також у гумових чоботях, впірнають у темно зелені плюші моху-торфовища, провалюються у трясовини. Я можу побачити своє зображення в озерцях, порозкиданих у цій дичавині. Тут уже край людського життя, далі вже сотнями миль ніхто не живе і ніколи не жив. Сон здійснився. Не біло, а зелено. Із синім храмом неба вгорі. Із сліпучим сонцем над головою, із

веселим повітрям у грудях.

Та пульс людського життя не так далеко, лише за кілька ярдів, ось за оцими смереками. Він гуде напружено й переконливо перфораторами, скрегоче залізом екскаваторів, стрімить до синього неба тонкими конструкціями підіймального кранту—«деріка». Тут уже пробуравлюють нафтовий колодязь, вганяють тонкі сталеві рури в незнані надра землі, а невзабарі й тут палатиме вічний вогонь.

Всі мої три компаньйони, землеміри, здивовані. Що це таке? Де взялася тут дорога? Ця вежа, це будівництво нового колодязя? Ми ж кілька днів тому витичували тут, у нерушеному лісі, цю дорогу!

Але ж вони самі щойно розказували мені, що нафтова промисловість Алберти розвивається блискавичним темпом, що ми приїхали у саме осередця найбільших родовищ нафти, відкритих до сьогодні в Канаді. Це є ті знамениті Пембіна Ойл Філдс (Пембінський нафтовий район), що наробили недавно стільки шуму, що своїми запасами нафти втричі перевищують недавню славу, ще вчора найбагатший нафтоносний район, Редвотер. Якщо можна було за яких дев'ять років укрити всю Алберту нафтовими колодязями, в самій лише околиці Ледук набудувати їх мало не 1300, то чому не могли за пару днів додати до Пембінських 800 колодязів ще одного? Химерна доля раптом зробила хліборобську Алберту високопромисловою провінцією Канади, ця ж химерна доля послала ось трьох українців, нових іміґрантів—одного з Дрогобича, другого з Волині, третього з Покуття—прокладати перші точки видобування нафти у цих диких безлюдних лісах. Справді бо, робота землеміра піонерська. Землемір прорубує собі дорогу в хащах, щоб, всупереч викрутасам дичавини, витичити бездоганно-геометрично майбутні дороги і місця розташування майбутніх колодязів. Воно наче й виграшка—за вказівкою компасу та мапи втикати кілки із синіми, зеленими та жовтими стрічками, але підіть, попробуйте...

От, щоб дати мені уявлення, як виглядає в натурі розбудова нового нафтоносного району у самому початку, ці землеміри й підхопили мене одного ранку в Едмонтоні та й привезли на край світу.

В понеділок о шостій ранку ми поїхали на захід від Едмонтону. Шістдесят миль автострадою, що біжить до Джеспер Парку. Поміж лісами, зрідка фармами, замріяними краєвидами з конічними канадійськими смереками. Тут уже нема тих рівних безмежних ланів, що навколо Едмонтону, але все ж це ще абсолютна цивілізація. Та ось біля великої таблиці «Пембіна Ойл Філдс» довелося таки звернути на гіршу дорогу, впірнути в хмару куряви, труситися по камінцях, що ними вистелено новопрокладену дорогу. Нема вже гойдатися на шовкових ресорах блискучого асфальту, це аже ми звернули до Драйтон Велей, столиці цього нафтового району. Курява й монотонні осикові ліси густою щіткою...Але вже бачу, за ними подекуди валує чорний дим, там десь на задньому пляні горить нафта. Про фарми вже нема й мови,--дичавина, глушина. Край світу! Нове місто засноване в досить таки запротореному місці. Місто те,--лякає землемір Дмитро Петрів,--знамените тим, що там безпросвітне пияцтво. І на тому тижні зарізано одного чоловіка.

Я думала, що й справді місто. А то—одна вулиця. Поміж купами переритої землі, поміж кучугурами дробленого каміння

та між бур'янами загубилися збиті прихапцем домики, адміністративні будинки нафтових компаній, люксусові крамниці із столичними вітринами, кіно з ковбойською реклямою. А над цим усім домінує модерний готель із м'якими килимами вже в лоббі та з наперед зарезервованими кімнатами. Довкола нього—множество трейлерів, авт, фанерних кабін. Хоч кругом і дрімучий ліс, але в «місті» кілька нещасних деревин нидіють і жовтіють від пороху. Порохи здіймаються тут шаленими хмарами при кожному переїзді авта.

Мої землеміри живуть також у кабіні. За ці два дні, суботу й неділю, все в ній укрито грубим шаром пилу. Але цим ніхто не журиться. Звикли. Мовчазний Павло Лукомський, якого молодші товариші називають дядьком, збирає харчі на цілий день, Дмитро Петрів побіг до контори узяти завдання на цілий день, а наймолодший студент Олександер Роїк, крутиться біля мене, йому кортить поговорити про різних знаменитостей, який він знає з преси та літератури. І ось ми вже знову в дорозі, їдемо трясками, але рівнострільними лісовими дорогами до місця праці, що за сорок миль від Драйтон Велей у глибині лісів. Обіцяють мені, що по дорозі покажуть ще три нових міста.

Перше місто, Вайолет Ґров, розташоване за сім миль від Драйтон Велей. Це—кафетерія, скелети розпочатих будинків і череда трейлерів. Друге місто, Сентрал Філд, за 18 миль від Вайолет Ґров,--трохи менше трейлерів, зате більше авт. Третє місто, Лодж Пол,--похилі дугою смереки, кучугури землі, звалені на купу викорчувані дерева, що позадирали руки й ноги до неба у жалісливій безпомічності. Але кафетерія вже є, це кожне місто починається з кафетерії. Є ще тут десь і четверте місто, Сцинтія, якщо вже можна назвати містом проєкт, ще навіть не позначений на мапі .

Законна гордість моїх землемірів-албертійців уділяється й мені: колись, як це вже будуть великі устатковані міста, я зможу хвалитися, що була при їх народженні.

А навколо—тонкі гострокінцеві смереки, не всі вони можуть витримати свою височінь і багато з них посхиляло свої дівочі стани аж до землі. Осиковий густий ліс, подібний на велетенську щітку, стоїть стіною при дорогах. І лиш де-не-де посеред цієї дичавини в прорубах розтаборилася цивілізація. Групи цистерн, кілька трейлерів, там живуть люди. Чого їх сюди загнало, хотіла б я знати? Ліс такий же непривітний! Яка то, мабуть,

осоруга—жити в цій хащі. Але біля трейлерів вештаються жінки, бігають діти, проти сонця мають кольорові плями розвішеної одежі. Цивілізація вдирається в край світу.

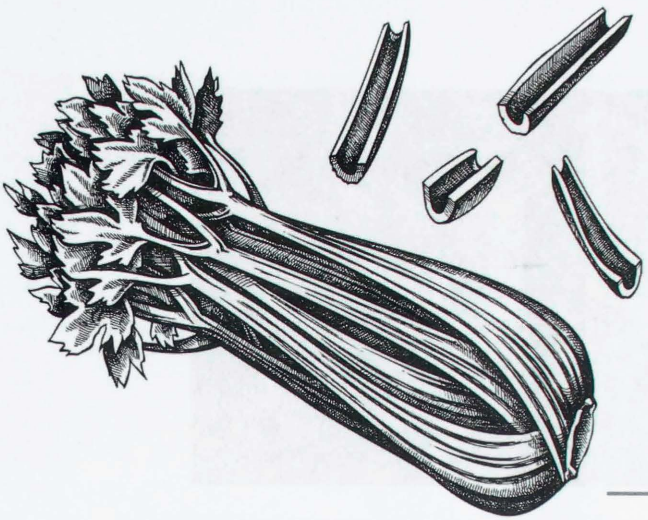
Нарешті, ми проїхали через усі ці «міста». За цей час у розмові з землемірами я встигаю схопити схему, зрозуміти значення того, що бачу. Оті безхвості велетенські залізні птиці, що дзьобають день і ніч землю довкола Едмонтону,--застарілі, тепер уже так не робиться. Тепер будують оці металеві циліндри, що в них захована помпа. Ось ми вже не раз такі срібні чистенькі циліндри здибали по дорозі. Апарат механічно вимикається, коли нафта йде надмірно. Добута з надрів нафта біжить підземними рурами до збірників,--ото що ми в лісі бачили, групи цистерн, чи як тут кажуть, танків. В певних місцях рури виходять на поверхню, їх виводять для того, щоб мати контролю, бо там же є й лічильники. Тепер уже нафтові компанії можуть контролювати, скільки видобуто нафти, а коли її добуто понад потребу, колодязь автоматично спиняється. Ніяких робітників при видобуванні нафти не треба, все роблять машини. Нафта тече рурами до збірників, а звідти до рафінарень Едмонтону. Там її переробляють на різні продукти модерної промисловости. Але не всю. З Едмонтону ж таки ідуть дві трансконтинентальні підземні рури, і ними сирова неочищена нафта пливе в один бік 1800 миль на схід, аж до Онтаріо, а в другий бік—попід Скалистими Горами на захід, до берегів Тихого Океану, до Ванкуверу, до штату Вашінґтон у Сполучених Штатах.

Просто аж дух захоплює! Ця велетенська система потребує людських рук тільки до того часу, поки її збудують, вдихнуть у неї енерґетичний дух, і вона тоді вже сама працює, мов жива істота: помпує з надрів коштовну рідину й розсилає у всі кінці світу.

А що ж то за вогні скрізь, де є ця нафтодобувальна система? Палахкотять вони, здіймаючись високо до неба, навколо Едмонтону, на полях, на горбах, на лугах, в розчищених лісових галявинах. Та і чого вони горять? Ці «незгораючі купини» додають такого незвичайного чару зеленим краєвидам албертійських степів та перелісків, умережаних блакитними озерцями, що не хочеться вслухатися в раціоналістичні пояснення. Ні, не жертва це підземному божеству за те, що вдерлася людина в його надра, а лише—зайвина нафти й природнього газу. Це те, що мусить бути спалене, щоб не збиралося та не вибухало. Ото, що палахкотить з важкими чорними вибухами диму, то горить нафта, а отой веселий бездимний вогонь, то горить природній газ.

Як багато мусить його бути, що не шкода отак день і ніч випускати на вітер, міркую собі вголос,--а мені на це кажуть: природнього газу в Алберті є такі необраховані багатства, що й третини нема куди спожити видобутого за день. А тим часом на цьому природньому газі йде уся едмонтонська промисловість, з нього й з його продуктів виробляють дуже багато чого, ним огрівається кожне місто й містечко, та й багато фарм просторої Алберти.

Замітка редакторки: Я запізнала в цьому уривку ще трьох колишніх парафіянів Катедри св. Івана--Дмитра Петрова, Павла Лукомського та Олександера Роїка. У наступному розділі книжки говориться про піонерів Алберти.



WHY GROW, TEND, HARVEST & COOK CELERY?

(APIUM GRAVEOLENS)

Allergies and Food Sensitivities. The World Allergy Organization has reported an increase in allergies in children and adults. BBC News network recently reported incidents of death in children caused by dairy, peanuts and sesame seeds. More and more people are allergic or have sensitivities to gluten, lactose, artificial flavours, artificial colours, preservative, sulphites and other food items. The top ten allergens are milk, egg, wheat, corn, peanuts, soy, tree nuts, seeds, shellfish and fish.

Personal story. Over the years, I have accommodated special dietary requirements of our family. Currently, I am still exploring the dietary requirements of our son, Sheldon. After many visits to specialists and many medical tests, the only positive finding was inflammation and flat cilia/villi in the digestive tract, an indication of food sensitivities. Continued weight loss, on-set of red and itchy mouth, upper palate, and throat, indicated a need for a change in diet. The gastroenterologist provided information about a Low-FODMAP diet. The results of the 50-item test conducted by the allergist were negative. Identifying food sensitivities required a restricted and controlled diet. I continue to alter, test and monitor ingredients both in my repertoire of recipes and new recipes.

Adaptations and substitutions. I have always used a lot of onion, garlic and leek in my cooking. Because Sheldon has an allergic response to these, I made

Above: Celery stalks growing in garden.

adaptations to our family meals. Now, instead of onion I substitute dill, parsley, celery greens and celery stalks.

Content. In this article, I will write about the kinds and varieties of celery, the health benefits of celery, growing celery and celery greens, blanching techniques of celery stalks, preserving and cooking celery, and adapting favorite recipes. I will include resources and a few recipes.

Growing Celery and Celery leaves. I have grown cutting celery since 2000 and celery stalks only more recently. Since I use celery and celery greens in my stews, soups, stocks, stroganoff and other dishes it will continue to be part of our garden.

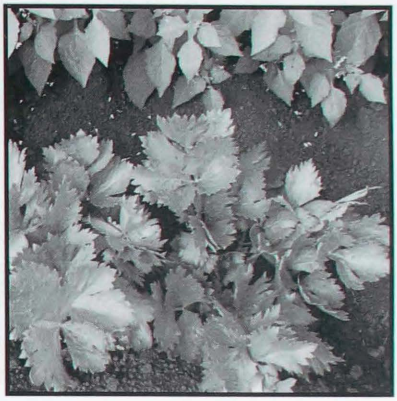
Dirty dozen and celery. I decided it is worth the effort to plant celery, especially since year after year celery is included in the list of the dirty dozen, along with apples, cherry tomatoes, cucumbers, grapes, nectarines, peaches, potatoes, snap peas, spinach, strawberries and sweet bell peppers. Annually, a non-profit organization called Environmental Working Group compiles a list of the best and worst commercial crops with least and most pesticides levels. For the most recent list go to: www.EWG.org.FoodNews.

Health Benefits. Celery is a good source of fibre, potassium, phosphorous, iron, calcium, and vitamins C, B1, B2, A and K. It is low in calories, but high in sodium. Celery contains beta-carotene, and flavonoids both of which have antioxidant and anticancer properties. Celery may also protect against stomach ulcers.

Family. Celery (*Apium graveolens*) belongs to the Umbelliferae family or carrot family. This family includes angelica, anise, asafetida, caraway, carrots, celery root, chervil, cilantro, coriander, cumin, dill, fennel, hemlock, lovage, osha, parsley, parsley root, parsnips, and Queen Ann's lace. Celery is a biennial treated as an annual.

Kinds, Varieties. Gardeners can grow celery for its stalks, leaves or root.
Stalk varieties: Celery heart or stalk (*Apium graveolens var. dulce*) is most familiar to us. Seed catalogues offer seeds such as Tango (85 days to maturity), Tall Utah 52-70 (100 days), Victoria (100 days), Redventure (100-110 days) or Red Stalk (100-120 days).

Celery leaves (*Apium graveolens secalinum*) are similar to parsley. Chinese or European are the two types of celery leaves. The Chinese celery is stronger and is earlier and faster to



Left to right: Celery greens, Amsterdam growing in garden; Celeriac growing in garden.

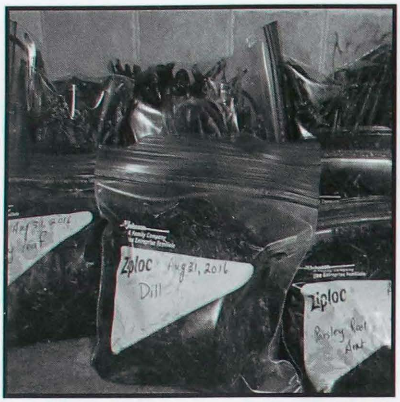
grow. Early's Seed catalogue and West Coast Seeds offer Summer Celery (kin-tri, 45-55 days). The European types are called cutting celery or green celery. Richters Herb and Vegetable seed catalogue offers Amsterdam celery (80 days to harvest), Pascal Celery (80 – 85 days) and Curled Celery (80 days).

Celery Root (*Apium graveolens var. rapaceum*) is celeriac, also called knob celery and turnip-rooted celery. Giant Prague (110 days) is available from Stokes Seeds and Early's Seed Catalogue and Brilliant (110 days) from Veseys Seeds and West Coast Seeds and Mars (90 - 120 days) is available from Johnny's Select Seeds or Richters Herb and Vegetable Seed catalogue.

Planting and growing. I have only grown the European leaf celery, called cutting celery purchased from Cooks Garden and Johnny's Select Seeds, and Amsterdam, purchased from Richters Herb Seeds. I plant celery leaf directly in the garden at the same time I plant parsley. Follow the instructions on the seed packet. I prefer to grow Tango for the stalks. It has the shortest growing season and is tolerant of dry and hot conditions. Start celery stalk seeds indoors between mid-March and mid-April. Balls Culture Guide recommends covering the seeds, but I leave the seeds exposed to light and have had better germination. Soak seeds overnight and then sprinkle seeds on the dampened seed starting mix. I press the seeds into seed starter mix and keep it moist with a light spray of water. Celery will take from two to three weeks to germinate. It requires temperatures of 70°F or 21°C. Transplant the seedlings into 6-cell containers when they have two true leaves. Use either an all-purpose mix or potting soil mix suitable for indoors. Seeds will only be viable for up to three years.

Transplanting in the garden. Harden the plants off in a cold frame. I move my plants to a veg-trug that has a plastic covering to protect the plants from frost that serves as a greenhouse in the day. About mid-May or early June transplant the plants into the garden, spacing them about 6-8 inches apart in rows that are 24 inches apart. Keep celery well-watered. Choose your blanching technique prior to transplanting.

Blanching techniques for stalk celery. Celery will have a bitter taste if left to grow without blanching. Several techniques can be used



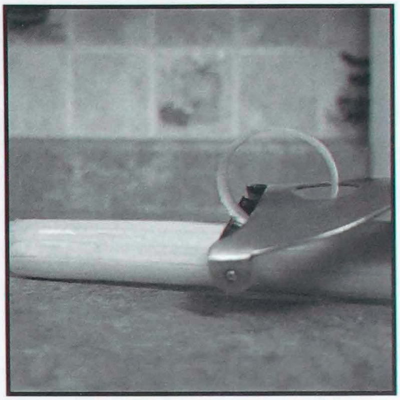
Left to right: Harvested, washed and ready to scald celery leaves, parsley and dill; Scalded celery greens, parsley and dill, ready for the freezer; Harvested Tango Celery.

to do this. I use the trench method. Plant the celery in a trench when transplanting the plants. As the celery grows, hill up the plants so that the stalks are covered. Another way of blanching celery is to shelter the stalks from sunlight with shingles set upright around each plant or wrap each plant with brown paper or newspaper tied with string or set milk cartons, with the bottom cut out, over each plant leaving the leaves exposed to sunlight. If you are using the paper method, you can add a second wrap above the first wrap as the plant grows. Blanched celery is lighter in colour and will be more tender, without the bitter taste.

Harvesting and preserving celery stalks and cutting celery. Cutting celery can be harvested as needed or it can be cut and dried for use in winter. I prefer to wash, scald, chill and pack cutting celery leaves in 2-cup freezer bags for soups and stews in the winter. The younger the leaves the more delicate the flavour. Single celery stalks can be cut as needed throughout the season when they are edible in size.

Mature celery stalks can be dug with root and all at harvest time. I left the bunches of celery in pails with the root of the plants in a little water, adding a little more water if needed to store them until I prepared them for the freezer. To prepare the celery for the freezer, I wash, chop into fine pieces and sauté the celery in a little olive oil. I pack the cooled celery into 2-cup freezer bags. Blue Flame Kitchen recommends washing, cutting celery into 1-inch pieces and blanching in water for three minutes. Blanching kills the enzymes and if not blanched, it will continue to age, even in the freezer. For more blanching information see: https://www.atcoblueflamekitchen.com/en-ca/how-to/freezing-vegetables.html.

Adaptations of recipes will depend on individual allergies and sensitivities. Nachynka requires onion, milk, cream and butter. Cream and milk are high in lactose. Instead of milk, use lactose-free milk or other alternatives, such as rice milk, almond milk or oat milk. Plant-based butter called "melt" is also a good alternative for butter. Goat milk and butter are fine for our son. For onion flavour in both Nachynka and Holubtsi, I use the strained oil of fried onions. For Beet-leaf Holubtsi, I use water with salt, dill and olive oil.



Left to right: Washed Celery; Chopped Celery stalks ready to sauté; Peeling celery with vegetable peeler.

In a Low-FODMAP diet, chives, the green part of scallions and leek greens are allowed. I have yet to test these. Garlic-infused oil is allowed. Shepard and Gibson (2011, 2013, p. 79) in The Low-FOD-MAP Diet suggest a spice called asafetida, found in Indian spice shops, as a good substitute for onion. If purchasing asafetida, check if it is mixed with rice flour or wheat flour. I have not tried this spice.

Books such as The Low-FODMAP Solution (Cinzia Cuneo, 2017), The Flexible FODMAP Diet Cookbook (Laura Manning & Karen Frazier, 2016), The Low-FODMAP Diet Cookbook (Sue Shepherd, 2014) and The Complete Low-FODMAP Diet (Sue Shepherd and Peter Gibson, 2011, 2013) can be accessed for recipes and comprehensive information about a Low-FODMAP diet.

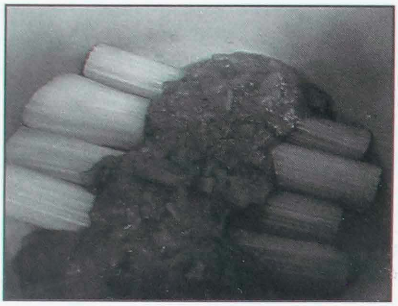
Cooking. Celery is usually a supporting vegetable in many dishes. The French Mirepoix of sauteed onions, carrots and celery forms the bases of sauces, soups and many other dishes. Celery can be part of a bread dressing, turkey stuffing or vegetable stir-fry. Celery is rarely the star of the meal or a main entrée. However, it is worth testing such dishes.

Recipe with Adaptations - Celery Gratin as a side dish.
***Photos begin on page 26.**

Ingredients.

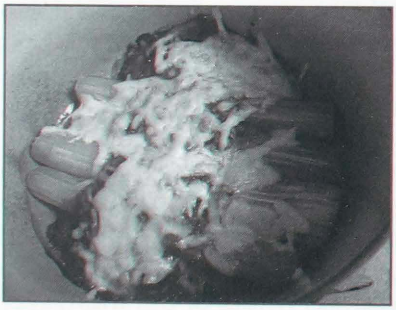
2 bunches of celery
1 cup grated Parmesan cheese * See Note
Tomato sauce without onion or garlic
Gluten Free bread
Preparing celery hearts. Take off the outer stalks and save them for another purpose. Separate and wash the inside stalks, and peel away some of the outer ribs of the heart with a vegetable peeler. Trim the ends and either leave the stalks whole or cut them in half. In a saucepan, boil the celery stalks in salted water until tender, 12-15 minutes. Remove from the cooking water and pat dry. Reserve ½ cup cooking liquid.

Tomato Sauce. Strain 3½ cups tomatoes and chop up the tomatoes. Sauté for 3-4 minutes: ¼ cup finely chopped celery (replacing one small onion), 1 tablespoon garlic infused olive oil (instead of 1 clove garlic minced), 1/3 cup finely chopped green pepper, ½ teaspoon celery salt, ¼ teaspoon black pepper, ¼ teaspoon hot pepper flakes and a pinch of



Cooked celery topped with tomato sauce

Cheese added to celery and tomato sauce



Baked celery gratin, ready to serve

Celery plated with polenta, lamb, mint jelly, squash/apple, potato

ground cloves in 2-3 tablespoons of olive oil. Stir in the tomatoes, strained tomato juice, ½ cup reserved cooking water, ¼ cup celery leaves, ½ teaspoon wine vinegar and 1 teaspoon sugar. Simmer for 30 minutes, stirring occasionally. If desired thicken with tomato paste.

Bake: Arrange boiled celery in a greased casserole. Add 2 cups of tomato sauce. Sprinkle with grated hard cheese, such as Parmesan , Swiss, or Cheddar. Bake in 400°F/200°C oven until bubbling, about 18-20 minutes. Serve with gluten free bread. This recipe called Celery Parmigiana, is adapted from the April, 2011 issue of Homemakers. * Note: For information, check Alana Scott's "What Cheeses are low-FODMAP (Low Lactose) www.alittlebityummy.com.

Recipe without Adaptations -
Waldorf Salad with homemade Mayonnaise

Ingredients.
1 apple, cored and chopped
2 stalks of celery, peeled and sliced
¼ cup raisins, washed and pat dry
1 cup grapes, purple or green, washed, sliced
½ cup walnuts or pecans
1 tablespoon lemon juice
Mix apple with lemon juice, add celery, grapes and raisins. Mix with one or two tablespoons of mayonnaise and serve on lettuce topped with walnuts or pecans.

Homemade Mayonnaise.

1 egg or two egg yolks
1 teaspoon dry mustard
¼ teaspoon white pepper
¼ teaspoon paprika
½ teaspoon sugar
½ teaspoon salt
2 tablespoons lemon juice
2/3 – 1 cup oil
2 tablespoons hot water, approximately

Combine egg, dry mustard, pepper, paprika, sugar, salt, lemon juice with handheld blender. Slowly stream oil as

the blender mixes until it is a thick emulsion. Thin with hot water for desired thickness. Refrigerate.

Cucumber Hot Dog Relish (Yield 5 pints)

This relish resembles store bought hot dog relish. Janine, Home Economist from ATCO Blue Flame Kitchen provided permission to reprint the following recipe on December 23, 2020 by email. Source is All Things Pickled published by ATCO 2007. Or go to: https://www.atcoblueflamekitchen.com/en-ca/recipes-menus/recipes/cucumber-hot-dog-relish.html

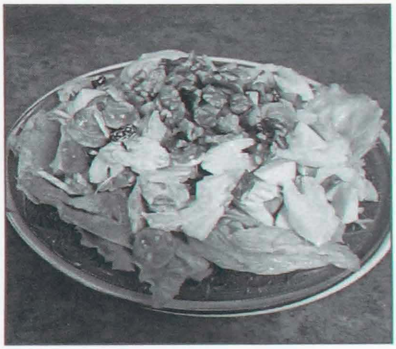
Ingredients.

5 cups finely chopped cucumbers
3 cups finely chopped onions
3 cups finely chopped celery
2 red or green bell peppers, finely chopped
2 hot peppers, seeded and finely chopped
3/4 cup pickling salt
7 cups water
2 cups vinegar
3 cups sugar
2 tbsp celery seed
2 tsp mustard seed

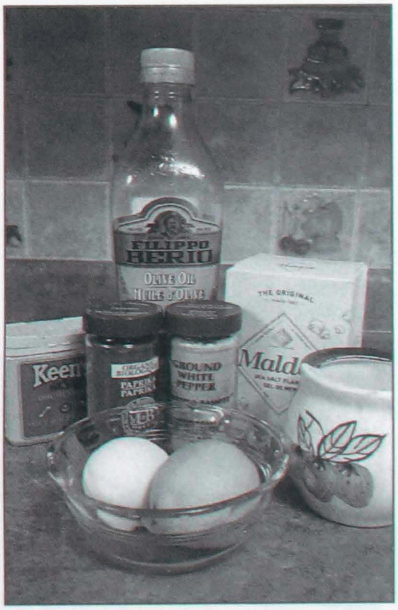
Directions

1. Combine cucumbers, onions, celery and peppers in a large non-reactive container.
2. Dissolve salt in water; mix with vegetables. Refrigerate overnight.
3. Rinse and drain vegetables thoroughly; press out liquid.
4. In a non-reactive Dutch oven, combine vinegar, sugar, celery seed and mustard seed; bring to a boil.
5. Add vegetables; return mixture to a boil. Reduce heat and boil gently 10 minutes, stirring frequently.
6. Ladle into hot sterilized jars, leaving ½ inch headspace. Remove air bubbles with a narrow rubber spatula or plastic knife. Add additional relish, if required, to maintain headspace. Wipe jar rims thoroughly with a clean damp cloth. Seal and process in Alberta for 25

Ingredients for Waldorf Salad

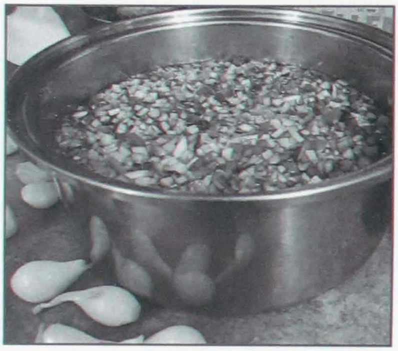


Waldorf Salad with Mayonnaise on Bed of Lettuce



Ingredients for homemade Mayonnaise

Prepared vegetables for Hot Dog Relish



Hot Dog Relish vegetables in brine overnight

Vegetables, rinsed, drained ready for cooking in pickling ingredients

Processed Hot Dog Relish cooling on counter

minutes in a boiling water bath.

Nutritional analysis per 1/4 cup: 74 calories, 0.2 g fat, 0. 5 g protein, 17.7 g carbohydrate, 0.7 g fibre, 1959 mg sodium.

Tip: *Hot peppers cause severe skin and eye irritation. Wear disposable gloves when handling hot peppers and avoid touching any exposed skin.*

Conclusion: Good companions for celery include butter, olive oil, cream, walnut oil, blue cheese, cheddar, parmesan, aged gouda, walnuts, almonds, hazelnuts, pears, apples, Asian pears, green olives, capers, potatoes, celery root, carrots, parsley, anise, lovage, dill and cumin. (Deborah Madison, Vegetable Literacy, 2013)

I have only grown celeriac once, without success, as I started seed late. The result – very small celery roots. I will give it another try, but with an earlier start. A gardener always looks forward to the next season for a better crop or looks forward to new lessons learned. Happy gardening! Happy hours in the kitchen and at the dinner table!

Vivian Skakun (Photos and article)

Вічная пам'ять!

IN MEMORIAM

У річницю упокоєння
Бл. п. Олексія і Марії Макаренко

Бл. п. Добр. Олі
Демчук

У десяту та вісімнадцяту річницю упокоєння наших улюблених батьків,
діда, бабу, прадіда та прабабу, Олексія та Марії Макаренко, які відійшли у
вічність 1-го та 10-го березня, 2003 та 2011 р., та у сьому річницю упоко -
єння нашої улюбленої дружини, тітки, сестри та хрестної матері, добр. Олі
Демчук, яка відійшла у вічність 28-го лютого, 2012 р., висилаємо в їхню світ - лу пам'ять пожертву, як нев'янучий вінок на їхню могилу.

Нехай пам'ять про цих жертвенних та відданих працівників у Божому
винограднику буде вічною.

Спіть з Богом!
—родини Макаренків, Демчуків та Буцьорів

Gladys Kalynuk
November 11, 1929 – August 18, 2020

Gladys Kalynuk was born on November 11, 1929, in Regina, SK and passed away August 18, 2020. She was predeceased by her husband, Mike; parents, Steven and Nettie Koshowski. She is survived by two daughters, Mikalyn Kalynuk and Paula (Howard) Zatylny, three grandchildren and two great grandchildren.

In her youth, Gladys was a member of CYMK, the church choir and the UWAC Daughters of Ukraine Branch. Gladys participated in drama productions, Ukrainian dancing and Ukrainian community choirs. She was employed with SGI for ten years.

After her marriage in 1953, Mike and Gladys moved between several communities and settled in Canora, SK in 1955, where they resided for 45 years. They were members of the Ukrainian Orthodox Church and Gladys was active in the church choir, the Ukrainian Women's Association of Canada and various community organizations. Mike and Gladys moved back to Regina in 2005 and she renewed her membership in the Daughters of Ukraine Branch. Upon Mike's passing, Gladys moved into Selo Gardens Personal Care Home, where she enjoyed the remainder of her days.

Due to the Covid-19 pandemic, a private graveside service was held at Riverside Memorial Park Cemetery in Regina.

Вічная пам'ять! May her memory be eternal!

Submitted by Anna Kaminski, Regina, SK

Sophie Kozakewich
July 4, 1928 - September 26, 2020

Sophie Kozakewich was born to Tom and Dora Ogryzlo in the Fenwood area of Saskatchewan in 1928. She married Alex Kozakewich in 1953 and resided with his parents for the next 9 years until they purchased her family's homestead. She was an excellent cook and was always eager to share her baking with family and friends. Christmas and Easter were always special, with Sophie encouraging traditional Ukrainian Orthodox customs as well as preparing traditional food for all the family to enjoy. Sophie and Alex had three children: Randy (Carol) Kozakewich, Ivan Kozakewich, and Amelia (Bruce) Derkatch, 6 grandchildren and 10 great grandchildren.

In 1997, the Kozakewichs retired to Melville, where Sophie joined the Quilters' Guild and, every winter, she would make a hand-stitched quilt

for each of her children and grandchildren. She loved watching her grandchildren participate in sports and attending their Ukrainian dance concerts.

Sophie moved to Regina and was a resident of Selo Gardens, where she became a member of the Daughters of Ukraine Branch of UWAC.

Her funeral service was held on October 2, 2020 at Holy Ghost Ukrainian Orthodox Church in Goodeve, SK with interment in Holy Ghost Parish Cemetery.

C May Her Memory be Eternal!

Submitted by Anna Kaminski, Regina, SK

Anne Melnychuk
March 27, 1922 – November 18, 2020

Anne Melnychuk passed away Wednesday, November 18, 2020 at the age of 98 years in Regina. She was predeceased by her husband John; parents, Kost and Vasylena Stadnyk; brothers, Bill, Steve, John and Matt and sisters, Effie, Mary and Dora. She is survived by her three sons, Archie (Teresa), Ken (Diana) and Wade, two granddaughters and three great grandchildren.

Anne was born on March 27, 1922 in the Sheho district. Anne and John were married in 1942 and John passed away in 2009. They moved to Regina in 1964 and became active members of the Descent of the Holy Spirit Ukrainian Orthodox Church and Anne devoted many years serving in the sisterhood of the church. She also spent many hours working at the Ukrainian Auditorium. She loved gardening and her beautiful flowers. She worked in the retail business for some time and then babysat her granddaughters before they started school. She then welcomed other families along with their children into her home, loving and caring for them as though they were her own.

Anne moved into Selo Gardens in 2007 and became a member of the Daughters of Ukraine Branch of the U.W.A.C. She showed many members how to make beautiful designs for their paskas.

Due to COVID-19, a private funeral service was held at Speers Funeral Chapel on Monday, November 23, 2020 with Rev. Fr. Volodymyr Feskiv officiating. Interment was at Holy Trinity Church Cemetery at Sheho, Saskatchewan.

Вічная пам'ять! May her Memory be Eternal!

Submitted by Anna Kaminski, Regina, SK

Вічная пам'ять!

Anne Welykholowa
April 3, 1930 - September 24, 2020

The Daughters of Ukraine Branch in Regina has lost another long-time member, Anne Welykholowa. Anne Welykholowa was born in Kamsack, SK to Karnoli and Martha Koroluk and passed away September 24, 2020, after a short battle with cancer. She is survived by her husband, William, of 68 years; son, Brian (Delphine) Welykholowa; daughter, Lori (Duane) Lavoy; 5 grandchildren and 6 great grandchildren and extended family. She took great pride in watching her grandchildren Ukrainian dance and perform at Mosaic and at Crystal Lake Ukrainian Camp.

Anne worked alongside her husband in their pharmacy until they retired. She was a long-time member of our branch and taught Sunday School, was on the Projects and Membership Committees, and was recording secretary and auditor as well as being on the Phoning Committee for all our events.

Anne had a beautiful soprano voice and was a member of our choir for many years. She enjoyed many summers at the family cabin at Madge Lake. She also enjoyed celebrating Ukrainian Easter and Christmas traditions.

Funeral Service was held October 2, 2020 at the Descent of the Holy Spirit Ukrainian Orthodox Church with Rev. Fr. Volodymyr Feskiv officiating. Interment took place in Riverside Memorial Park in Regina.

Вічная пам'ять! May her Memory be Eternal.

Submitted by Anna Kaminski, Regina, SK

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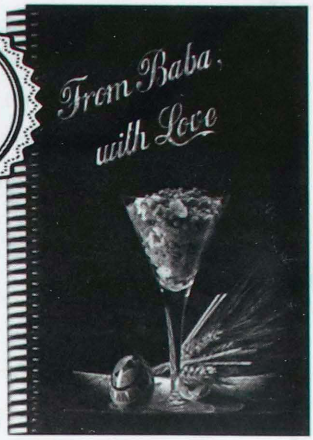

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Image: 'And the Friendly Beasts Around Him Stood'
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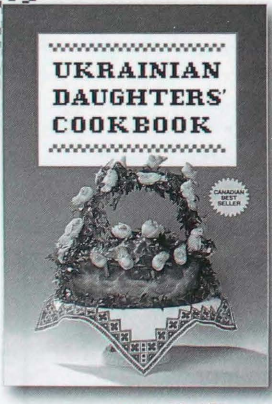

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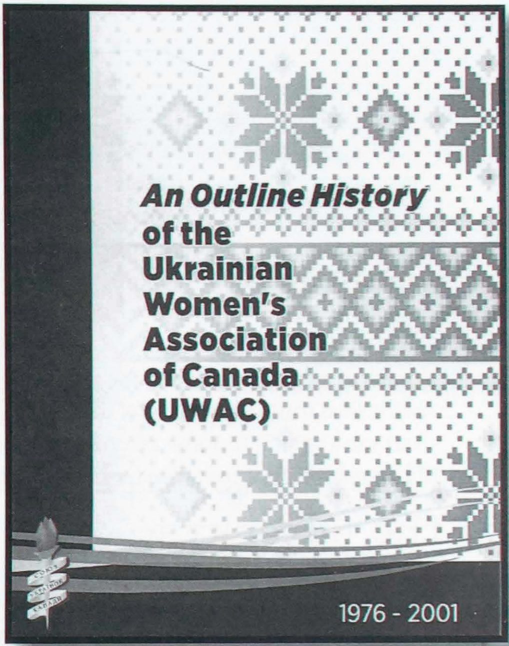

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First Wave Immigrants, the Goreskys

Born in Ukraine in 1902, Isidore Goresky came to Canada with his mother and brother at the age of 4. Anne (nee Paley) Goresky was born six days earlier in Senkiw, Manitoba. Isidore and Anne were destined to marry, a marriage that was to last over 70 years. His parents came from Bukovyna and hers from Halychyna, Western Ukraine. His father worked in a stone quarry at Stony Mountain and later became the quarry blacksmith. Hers were homesteaders in the Stuartburn area, later moving to Rosa, Manitoba, where Anne attended school.

As children of Ukrainian pioneers, the lives of Isidore and Anne provide a classic example of the pursuit of the "American dream". Isidore became a teacher at age 18 and Anne was one of his students at Baskerville School in Rosa. Married in 1921, Anne raised five children and is the featured artist in this issue of Promin. Isidore managed somehow to support a large family while earning three university degrees and pursuing a career that eventually led to a position in the Alberta Government as Associate Director of Curriculum for the province of Alberta in the Ministry of Education.

The Goreskys capitalized on the sacrifices of their parents and became successful and contributing Canadians within the short span of a generation. I remember them as members of the Ukrainian Orthodox Cathedral of St. John the Baptist in Edmonton and as members of the USRL of Canada. Isidore was active in the Ukrainian Pioneers Association of Edmonton, serving on the editorial committee of the history book published by them entitled, *Ukrainian Pioneers in Alberta.* The book includes not only a preface, but a number of fascinating articles in English by the members of the editorial committee, documenting the history of Ukrainians in Alberta. Isidore contributes a summary of references to Ukrainians in the Vegreville Observer from 1907-1921, providing insights into how immigrants were viewed by their fellow Canadians in those days. He also contributes this revelatory letter to the editor of The *Edmonton Journal* written in 1932, defending his championing of pioneer women. Amazing!

Sir:
Some time ago I had the misfortune to make a very inoffensive speech in the legislature, in which I pleaded for justice to pioneer women who had built this province. A few days later an "ex-serviceman", who apparently hadn't followed the drift of the argument and apparently anxious to find some cause for argument, ventured gratis the advice that "foreigners" who hadn't learned the language should be packed off to the country whence they came.

I don't think my position needs defending. I wasn't claiming the right for the future. I believe the young people in this country will not need to ask for special favors from any government. I believe also that by the time they grow up, the narrowness of racial prejudice will have disappeared from all except a few, whose minds have difficulty in freeing themselves from the cobwebs of a wartime prejudice.

I only pleaded for justice for the women who have been in this country from 25 to 40 years, who lived before the people in this country had time to think of the emancipation of women because of the daily grind on the farm to provide the fuel for the wheels of industry. I spoke of those women who made our present-day Canada possible, excepting the men who had opportunities to mingle with their fellow citizens. In these days of depression, I thought of those women for whom the depression will end only in one way, without hope of any future brightness, asking that a concession be made for them in the Old Age Pension Act for the next few years—I don't believe it will long be necessary.

For this reason, I don't believe that "ex-serviceman" read a full report of what I said, because if he fought on the battlefields of France to end injustice and suffering, I don't believe that he would condone suffering on the part of his fellow men or women for one minute.

I wish to thank Mr. Kinkhamen of Alberta Beach sincerely for those who have to learn a new language and who knows what difficulties are to be encountered before success can be achieved.

Yours,
I. Goresky

Isidore Goresky was a teacher, school principal, rector of the Mykhailo Hrushevsky Institute in Edmonton, member of the Alberta Legislature (representing the United Farmers of Alberta Party), a school inspector, a superintendent of schools with Edmonton Public and a flying officer with the Royal Canadian Air Force from 1942-45. Lydia (nee Paush) Kasianchuk of Victoria, BC remembers that he was promoted to Wing Commander by the Air Force and that he was such a gentleman: highly intelligent, with a prodigious memory and curiosity. He retired as Associate Director of Curriculum for Alberta in 1968 and died in White Rock, BC in 1999 at the age of 97.

May his memory be eternal!

Researched and prepared by Leona Bridges

Artist in the Spotlight – Anne Goresky

Baba's Quilts

It all started almost 100 years ago in June, 1921, when Anne Paley married Isidore Goresky. She was the quiet, loyal, modest, hard-working presence beside him for over 70 years. The couple had moved that year to Brandon, MB so that Isidore could attend Normal School. There, they rented an apartment, their first home. Their landlady gave them a pillow to help decorate it. The pillow was quilted—a single log cabin block. Anne was quite taken with the design, as were her Mother and her Aunt, who soon came to visit the young couple.

According to Anne, her Auntie was an accomplished seamstress and, after studying the log cabin block design on the pillow, Auntie began sewing quilts based on it. To the best of Anne's knowledge, these were Auntie's first quilts ever. She sold them for $35 each. Anne declared that she wished she had bought one then, but just didn't have the $35 to spend.

Anne's Mama began sewing quilts based on the log cabin design, too, copying the techniques her sister used. When the school year finished, Anne and Isidore returned to Rosa, MB to stay with Anne's parents. In the fall, Anne, pregnant with her first child, remained with her parents, while Isidore returned to Normal School in Brandon for his second year. Anne recalled watching her Aunt sewing out on the big sunporch with the sun streaming in. During this time, Anne helped her Mother with her quilting. She helped select and prepare the coloured fabrics and pressed the blocks as they were sewn, but never did any actual sewing herself. Soon Anne was gifted a log cabin quilt by her Mama.

The years passed and in the early 1940's, when Anne's youngest daughter, Donna, was a baby, Baba Paley came to stay with the Goreskys. She had already made quilts for her other two granddaughters and she started one for Donna. Twenty-four blocks were completed before Baba returned home. They were carefully put away.

These were busy years! Anne and Isidore had five children and a sixth had died in a tragic accident while still a baby. Anne raised her children, cared for boarders and supported her husband in his career (see p. 36). There was little spare time and she devoted it to gardening and needlework projects.

Years later, when Anne and Isidore had retired, Anne began thinking about quilts again and started collecting fabric. She collected remnants and used garments from family and friends. When they moved from Edmonton to White Rock, BC, Anne brought her "stash" with her. She retrieved the blocks her Mama had made forty years earlier and studied them.

The log cabin blocks were constructed on a foundation piece of fabric. Her Mama had used "sugar sacking"—the material in which sugar was packaged in those days. A large square was cut from it (the size of a finished block) and then a small square of colored fabric was sewn on in the centre. Strips of fabric were then added to the square, one side at a time, building up "logs" of fabric around the square until the block was completed.

At the age of 89, Anne Goresky decided to assemble and finish "Baby Donna's" quilt. Out came the twenty-four

blocks sewn by Baba Paley forty years earlier. Anne moved her old Reliance, a treadle sewing machine that she and Isidore had bought at an Eaton's Store in Smoky Lake in the early 1930's, out onto her little sun porch. Here she went to work. A box of fabrics sat beside her, full of remnants of cotton, synthetic blends, old aprons, pillowcases, sundresses, blouses, party dresses, etc.

Anne would select pieces of fabric to sew to the block being assembled. She would pick out colours she thought would go together well, solids, prints, etc. She would take a piece of fabric, place it on the block in position, right sides together, sew it, fold it back, trim it, iron it, then, turn the block and sew on the next piece. These weren't cut strips. They were odd-shaped pieces! Anne didn't follow any rules. She followed her heart. "This strip is wider than the others because there is a lovely flower here and I didn't want to lose it." Anne loved bright colours, the sheen of the satin fabrics, the print patterns, the surprises.

As Christmas, 1991 approached, Anne completed the blocks for her quilt. She arranged her Mama's blocks in the centre in a diamond shape. This was a pattern her Mama had followed. Assembling the rest of the quilt was too big a job for Anne at her age, so a friend assembled the top for her. Her daughter-in-law, Carolyn Goresky, added a double binding and prepared a backing. Carolyn and her fellow quilters secured the top to the back and tied the quilt in the corners of the blocks, using perle cotton thread. The ties were knotted on the back of the quilt to avoid interfering with the log cabin design. No batting was required, as each block's foundation fabric already provided an extra layer of thickness. A label was prepared, signed by Anne and sewn to the back of the quilt. Anne was so pleased!

Now an enthusiastic quilt block maker, Anne decided that her eldest son, Walter, should have a quilt. She set herself a goal—at least one quilt block per day. She collected more remnants. She was on a roll! Son, Dennis, saw his sister, Donna's quilt and said he'd love to have one. More quilt blocks were prepared. "How are things going, Dad?" Carolyn would ask when phoning. Answering her call, Isidore would say, "Fine! Mom's in her quilt factory."

Thus, despite health problems and at age 90, Anne completed over 254 blocks, enough for a double bed quilt for Walter and Carolyn, and a queen-size quilt for Dennis and wife, Barbara.

Carolyn sewed Walter's quilt top together, arranging the blocks in a "barn-raising" or diamond-shaped pattern. Dennis and Barbara also liked that effect, so Anne and her daughter, Natalia, started to arrange those blocks, numbering them. Carolyn took the blocks home, finished arranging them and sewed them together. She added solid-coloured borders to make them fit the beds, whipstitching batting to the borders to provide necessary bulk.

Christmas of 1992 was to be spent with Dennis and Barbara in California. Anne and Isidore planned to travel with their daughter, Adelaide, and her husband, Ralph. So early in December, Carolyn organized a one-day quilting bee with her friends, and they pinned and tied the queen-size quilt and got two sides of the binding hemmed. The next day, Carolyn and Anne finished hemming the binding. They attached the label, designed by Carolyn, to the back. The gift was wrapped and ready!

What a lot of energy and excitement these quilts inspired! Not just in Baba Goresky, but in everyone who came into contact with them. Carolyn's friends were struck by the effects of Baba's quilts. One was heard to say, "This quilt should be called 'Life'. Look! It's all here—aprons, pajamas, party dresses...so many scraps of past memories!" A creative spirit, Anne built in little surprises. Dennis' quilt features a tiny Christmas wreath peeking out from the centre square, for example.

Anne's quilts are a precious legacy to her children and grandchildren, reminding them of her vibrancy and resilience. Her passion should inspire us all!

Submitted by Carolyn Goresky, Daughter-in-law

group of 4
made by
Anne Goresky

group of 3 made by
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